



ALPINE CANADA ALPIN

NEW AGE CATEGORIES PLANNING 2012-13 SEASON AND BEYOND						
Global Terminology	YOB 2012-13 Ages	LTAD Stage	Principles	Competition & Rankings	Performance Benchmark Events	ACA Projects / Initiative / Programs
U21	1992-1994 18,19,20	Train to Race/Train to Win	4 events Alpine or Ski Cross Focus Mastering all	NorAm, Provincial & Regional FIS Races FIS Points	FIS WJC, Junior Titles at NorAms & Canadian Championships	Europe exposure, WJC, Prospect Camp
U18	1995-1996 16,17	Train to Race	SL, GS, SG & Ski Cross exposure Speed events development Competition and skill focus	NorAm, Provincial & Regional FIS Races FIS Points	FIS WJR, U18 National Championships, Senior National Championships, US U18 Championships	Team Canada at US U18 & training camp or stand alone training camp / Youth Olympic Games / Speed Camps / Prospect Camp
U16	1997-1998 14,15	Learn to Race/Train to Race	SG, GS, SL, dual and Ski Cross exposure Intro to speed and skill development	Provincial, regional & zone competitions ACA National Points	Whistler Cup, East & West U16 Can-Am Championships, Canada Games	Team Canada at Whistler Cup & training camp
U14	1999-2000 12,13	Learn to Train/Learn to Race	GS, SL, Kombi, Dual, Ski Cross exposure Sport specific motor skill and coordination	Provincial, regional & zone competitions Snow Stars Festivals ACA National Points	East & West U14 Championships U14 Provincial Championships	Snow Stars levels 6, 7
U12	2001-2002 10,11	Skier Essentials/Learn to Train	GS, SL, Kombi, Dual, Stubby & intro to Ski Cross elements Focus on movement and love of the sport	Provincial, regional & zone competitions Snow Stars Festivals Skills competition	Local skills competition	Snow Stars levels 4, 5
U10	2003 and later 9 and younger	Gliding Start/Skier Essentials	GS, SL, Dual, Stubby, intro to Ski Cross elements & Games Focus on balance, movement and FUN	Regional, zone & club competitions Snow Stars Festivals Skills competition	Local skills competition	Snow Stars Levels 1, 2 & 3